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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

Midwest edition, distributed in the
States of Illinois, Indiana, Iowa,
Michigan, Minnesota, Missouri, Neb-
raska, North Dakota, Ohio, South
Dakota and Wisconsin

U. S. DEPARTMENT OF AGRICULTURE
Production & Marketing Administration
Food Distribution Programs Branch
5 South Wabash Avenue
Chicago 3, Illinois

VOL. II

March, 1946

No. 9

(To House Organ Editors: These articles may be included in your plant publica-
tion. Select those which will interest your readers.--ed.)

FOOD NEWS

There'll be plenty of eggs, frying chickens, "tom" turkeys, canned citrus fruit
juices and rolled oats in markets and on plant cafeteria counters during March.
All these foods are good foods and good for you. Eat them often!

Fresh citrus fruits and potatoes will be in abundance in and near the growing
areas. They may be plentiful in retail markets in other parts of the country,
depending on the distance from growing regions and transportation facilities.

More flour from our wheat:

Many workers are wondering about the bread which
will be made from the new wheat flour. The Govern-
ment's wheat conservation order, which went into
effect March 1, was issued to require millers to
extract more flour from our available supply of
wheat. The purpose is to help us to send more of
our wheat abroad to help feed those less fortunate
than we. Eighty percent of the wheat grain will be
used as flour instead of 72 percent. The flour will
be cream color instead of white, and as a result your breads and cakes will
have a creamy appearance. The flavor and texture will be almost the same as
before, but the new flour may call for a few changes in home baking recipes.



The eggs have it...

Eat eggs in some form every day while they are plentiful. They are good for
you and all members of your family because they add up in food value.

...Eggs are an excellent source of good quality protein, so necessary for
growth and the building and repairing of tissues.

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...Eggs have iron and phosphorus, too--minerals so necessary in the daily diet.

...Eggs are a source of the vitamins B₁ and B₂, vitamin D (the "sunshine" vitamin) and vitamin A, all necessary for good health.

There you have good reasons for eating at least one egg daily. Eat them for breakfast. Select them for lunch at the plant cafeteria. Choose egg salads, or a hot entree such as scrambled eggs, creamed or fried eggs, or egg omelet. For the sake of variety and good nutrition, choose an egg dessert such as custard, sponge cake, chiffon pie, custard, pumpkin or cream pie with your mid-shift meal at least twice a week.

HEALTH NOTES

A lion or a lamb?

Brisk March winds and sudden temperature changes remind us that we should continue to fortify ourselves against colds and other illnesses that accompany cold weather. Keep on your toes physically by doing everything you can to protect your health. Remember to eat the proper foods daily.

For physical well-being the year-round, include foods from every group of the Basic 7 in your diet every day. Don't forget that these groups are:

1. Green and yellow vegetables--at least one serving, cooked or raw, each day.
2. Citrus fruits or tomatoes and leafy green vegetables and raw cabbage --one serving of citrus fruit or tomatoes and a green salad (or cabbage slaw) each day.
3. Potatoes and other vegetables and fruits -- include one or more servings of white and/or sweetpotatoes and one or more servings of fruits and other vegetables.
4. Milk and other dairy products --1 pint of fluid milk or the equivalent in evaporated or dried milk, cheese, ice cream, or milk sherbets.
5. Meats, fish, poultry, eggs, cheese, dry beans and peas -- one or more servings each day.
6. Whole-grain or enriched cereals and bread--3 slices or more of whole-grain or enriched bread and one-serving of whole-grain cereal daily.
7. Butter or vitamin A fortified margarine -- at least one serving per day or better -- 1 pat at each meal, when it is available.

FOOD - ON - THE - JOB --- HERE AND THERE

Workers in a Long Island plant have a daily reminder that fresh fruit is a good addition to their daily diet. As they enter their cafeteria, the first thing to meet their eyes is a huge wooden bowl full of colorful fresh fruit, lighted

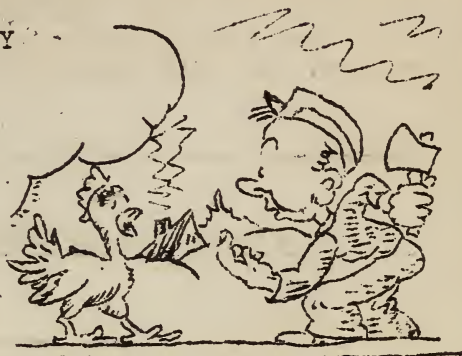


indirectly from above. Oranges, grapes, apples, and bananas, when they are available, are there to add vitamins to the workers' lunch. No wonder fresh fruit is such a popular dessert at this plant.

PLENTY OF POULTRY

During the present world shortage of food, one of the blessings of America is the current abundance of poultry in practically all major consuming centers where cold storage facilities are available.

Poultry literally heads the list of "Plentiful Foods for March, compiled by the Department of Agriculture.



The Department's February 1 report on the nation's cold storage holdings says: "Despite almost phenomenal quantities of poultry in storage on January 1, there was a net in-movement of 8 million pounds during January. The volume of poultry in store on February 1 totaled 364 million pounds, and broke all previous records ... Poultry stocks totaled 165 million pounds above the average for that date."

The outstanding poultry item in store was heavy tom turkeys ... 135 million pounds of them. But broiling and frying chickens, too, were plentiful.

The poultry-in-storage situation is matched by the current heavy seasonal production of 2½ to 4 pound broilers and fryers, particularly in the eastern half of the country. A factor in the present flow of these birds to market is the growing shortage of food.

With many favorite cuts of pork, beef, veal, and mutton still in relatively short supply, maybe it is a good thing that we have so much poultry.

Certainly we ought to take advantage of it...partly because it is a "good buy"but more because it is a delicious food.

A little concentration on poultry will contribute to the national welfare by keeping the channels of trade clear, and by saving vital grains for other essential needs.

Will you help...by serving...and eating...chicken, or turkey more often?

HOME AND INDUSTRIAL GARDENING URGED

The President has urged the nation's home gardeners to continue this year their efforts which added so much to the national food supply during the war. Following a conference with Secretary of Agriculture Clinton P. Anderson, it was decided, in view of the worldwide food shortage, to ask gardeners of this country to produce and conserve food which will help to replace food especially needed for shipment abroad.

The President said: "The threat of starvation in many parts of the world and the urgent need for food from this country emphasize the importance of continued effort to add to our total food supply this year."

Both "Industrial Nutrition Service" and "Serving Many", are available to industrial plants, free upon request.

In addition to this service, a staff of Industrial Feeding Specialists is available to help industrialists and their food operators solve their mass feeding problems. Services of the specialists are free upon request. The following form is for your convenience.

REQUEST FOR INDUSTRIAL FEEDING SPECIALIST'S SERVICES

Plant Name _____ Address _____

Official to see _____ Title _____

Check Service Desired

Installation or expansion of
feeding facilities ☐

Menu planning ☐

Efficient operation ☐

Nutrition education program
for better health and
efficiency of workers. ☐

APPLICATION FOR INDUSTRIAL NUTRITION SERVICE AND SERVING MANY

____ Please place my name on the mailing list for the "INDUSTRIAL
NUTRITION SERVICE"

____ Please place my name on the mailing list for "SERVING MANY"

Name _____

Address _____

City _____ Zone _____ State _____

Position _____

CLIP AND SEND TO

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PRODUCTION AND MARKETING ADMINISTRATION
INDUSTRIAL FEEDING SECTION
5 South Wabash Avenue
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